

**ÖTZTAL SÖLDEN**

**Sölden Hochsölden Zwiesselstein**

Resort Information Summer

ÖTZTAL TOURISMUS INFORMATION SÖLDEN  
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## Mountain Lakes

**PEERLERSEE LAKE (2,466 m)** Time: approx. 5 hrs  
Sölden -> lift ride to Giggijoch -> Grieskar -> Leiterötze -> Peerler See -> Hochwald -> Sölden

This hike offers scenic views of the valley and the village of Sölden. Fascinating panorama of the Stubai Alps and the mighty peaks and ridges covered with glaciers (Dr. Bachmann Weg).

**LAUBKARSEE LAKE (2,830 m)** Time: approx. 2.5 hrs  
Sölden -> Stallwies Alm -> Kleble Alm -> Laubkar -> Laubkarsee  
A small mountain lake with incredibly nice temperatures. Located on the way to Hochstübaihütte mountain hut.

**GAISLACHERSEE LAKE (2,704 m)** Time: approx. 3 hrs  
Sölden -> Gaislach Alm -> Gaislachsee lake -> Sölden  
The walk's destination is the crystal clear Gaislachsee lake at 2,700m altitude. Stunning views of the Ötztal Alps guaranteed.

**WANNENKARSEE LAKE (2,639 m)** Time: approx. 5 hrs  
Sölden -> Windachtal -> Schönkar -> Wannenkarsee -> Schönkar -> Brunnenberg Alm -> Sölden  
A truly picturesque mountain lake which changes its color from crystal blue to emerald green, depending on the weather conditions.

**PETZNER SEE LAKE** Time: approx. 3 hrs  
Sölden -> Gaislach Alm -> left trail towards Petzner See with marshlands -> further on to Tiefenbach glacier -> back to Sölden by bus or on foot via Rettenbach glacier

**SCHWARZSEE LAKE** Time: approx. 3,5 hrs  
Sölden -> lift ride to Giggijoch -> hike to Rotkogljohhütte -> further on to Schwarzsee (1.5 hrs) -> for experienced hikers: Schwarzkogel (2 hrs) -> via Rettenbachthal valley -> Hühnersteig'n -> Sölden

**NEDERSEE LAKE** Time: approx. 5 hrs  
Zwiesselstein -> Lenzenalm -> Nedersee (3 hrs) -> Lenzenalm -> Sahnestüberl -> Zwiesselstein  
Steep ascent from Zwiesselstein to high altitude trail (left) along Gurgler Ache brook -> Sahnestüberl (1,660m) -> past meadows and forests along the winding trail -> towards the plateau of picture-book Nedersee lake -> back to Zwiesselstein via Lenzen Alm

## Mountain Guides

**BERGSPORT & ERLEBNISSCHULE SÖLDEN**  
Martin Gstrein, T +43 (0) 5254 2364  
Opening times: late June to late September, Mon - Sat 8.30 am to 11.00 am and 4.00 pm to 6.30 pm  
Free, guided hikes - changing weekly.  
Information and booking in the mountain guide office or at Ötztal Tourismus, Information Sölden.  
www.bergfuehrer-soelden.com, info@bergfuehrer-soelden.com



## Running & Walking Routes

**GRANBICHL** Time: approx. 50 min  
Gaislachkogel gondola -> bridge -> Windau -> Granbichl -> Schlecker -> bridge -> Hotel Central -> right shore -> sports field -> Gaislachkogel gondola

**BODENEGG** Time: approx. 2 hrs  
Zwiesselstein/Gasthof Brückenwirt -> Bodeneegg -> Zwiesselstein (50 min) or: Bodeneegg forest trail to Neder/Lehen (hamlet) -> back to Zwiesselstein

**GEHÖRDE** Time: approx. 1 hr  
Sölden -> Höfle -> Brand -> Gehörde -> Sölden

**RECHENAU** Time: approx. 1 hr  
Sölden -> Sunny Sölden -> forest trail (right) -> across forest -> meadow trail to Kaisers -> Sölden

## Hiking Tips

**TIEFENBACH GLACIER -> VENT** Time: approx. 4 hrs  
Tiefenbach Glacier (2,800m) -> Vent (1,900m)  
Breathtaking views of the Ventertal valley and the majestic Ötztal glaciers. Refreshment stops at the glacier or in Vent. A special loop hiking ticket is available, incl. bus ride Sölden - Tiefenbach Glacier and Vent - Sölden.

**RETTENBACHTAL** Time: approx. 4 hrs  
Sölden (1,377m) -> See -> Gampe Alm (2,000m) -> Rettenbachthal valley -> Hühnersteig'n & Rettenbach Alm (2,145m) -> back via Rettenbachl -> Sölden  
Great vistas of the Stubai Alps and the Rettenbach glacier. Refreshment stops at diverse mountain inns.

**GRANSTEIN -> ASCHBACH AND BACK** Time: approx. 4 hrs  
Sölden (1,377m) -> towards Edelweißhütte -> turn-off to Granstein (sign) -> Hochwald (1,580m) -> Aschbach (1,200m) -> Brand -> Höfle -> Sölden  
Hiking through picturesque larch forests while enjoying scenic views of Sölden. Refreshment stops in Granstein or Aschbach.

**GAISLACH ALM -> ZWIESELSTEIN** Time: approx. 4 hrs  
Sölden (1,377m) -> Innerwald -> Gaislach Alm (1,968m) -> Bodeneegg (1,555m) -> Zwiesselstein (1,450m) -> Kühtrain gorge -> Sölden  
Marvelous panoramic view of Ventertal Valley and one of Ötztal's oldest settlements. Refreshment stops in Bodeneegg and Zwiesselstein.

## Walking Trails (easy / intermediate ascents)

**KÜHTRAINSCHLUCHT** Time: approx. 3 hrs  
Sölden -> Kühtrainschlucht -> Zwiesselstein -> Bodeneegg -> Zwiesselstein -> Kühtrainschlucht -> Sölden  
Spectacular location next to the rushing waters of the Ötztaler Ache river. From Zwiesselstein slightly ascending trail, surrounded by Alpine plants and berries, to Bodeneegg. Back on the other shore of the river. Refreshment stops in Bodeneegg and Zwiesselstein.

**BRAND** Time: approx. 2 hrs  
Sölden -> Gehörde -> Brand -> Höfle -> Sölden  
Romantic walking path to Brand leading below a wonderful waterfall, across a densely wooded area. On the way back you pass a traditional farmhouse. Great view of the valley.

**MOOSALM** Time: approx. 2 hrs  
Sölden -> Platte -> Moosalm -> Windau/Sölden (1.5 hrs) or continue towards Mooser Steg (fork-off) -> via the hamlet of Granbichl -> back to Sölden

**PANORAMAWEG** Time: approx. 2.5 hrs  
Sölden Gaislachkogel gondola -> trail towards Pitze/Innerwald -> past Rauthalm hut -> Stiegele area -> panorama trail above the houses -> Rettenbachl (hamlet) -> church -> Sölden

**WINDAU** Time: approx. 2 hrs  
Gaislachkogel gondola -> along the river -> behind Hotel Central -> bridge -> Schlecker -> Granbichl -> Windau -> Gaislachkogel gondola

**GRANSTEIN** Time: approx. 2 hrs  
Sölden center -> along the river to Gehörde (hamlet) -> Granstein -> Leithe -> Mahpuit -> church -> Sölden



**BRUNNENBERGALM -> KLEBLE ALM** Time: approx. 4 hrs  
Sölden (1,377m) -> Moosalm (1,488m) -> Brunnenbergalm (1,972m) -> hunter's short cut -> Windachtal -> Kleble Alm (1,983m) -> Stallwiesalm (1,842m) -> Schmiedhof -> Sölden  
Stunning vistas of Ötztal's mountains and glaciers. Refreshment stops at diverse mountain inns.

**ZWIESELSTEIN -> LENZENALM -> GURGLER TAL** Time: approx. 4.5 hrs  
Sölden (1,377m) -> Zwiesselstein (1,450m) -> Lenzenalm (1,896m) -> Sahnestüberl (1,658m) -> Zwiesselstein (1,450m) -> Sölden  
Breathtaking view of Gurgl's glacier and mountain world. Refreshment stops at diverse mountain inns.

**ALPINE ECOLOGY THEME TRAIL** Time: approx. 2 - 3 hrs  
The trail starts in Hochsölden (2,100m) -> further on to Rettenbachalm (not serviced) -> via Hühnersteig'n (serviced) back to Hochsölden (2 hrs) OR -> follow the path on the northern flank of Gaislachkogel peak -> across Alpine rose fields and pine wood areas -> across the road -> along the trail to Goldegg Alm or Löple Alm -> back to Sölden. The entire route travels along the natural timberline, right between sub-Alpine forest areas and Alpine shrub zones. A truly unique experience for passionate nature fans.



## Hut Taxi

**WINDACHTAL / HOCHSÖLDEN**  
The hut taxi of Ötztaler Verkehrsgesellschaft takes you to Windachtal or Hochsölden and also back if required.  
Ötztaler Verkehrsgesellschaft mbH, T +43 (0) 5254 3550, www.oetztalerbus.at  
Transfer times: according to summer bus schedule available in all Ötztal Tourismus Information Offices.

**GAISLACHALM**  
Gaislach Alm, T +43 (0) 5254 2914, www.gaislachalm.com  
Transfer times: according to summer bus schedule available in all Ötztal Tourismus Information Offices

## Bus Excursions

**Meran - Timmelsjoch - Dorf Tirol / market Innsbruck and Crystal Worlds in Wattens Three Countries Trip Dolomites Round Trip**

T +43 (0) 5254 3550  
info@oetztalerbus.at  
www.oetztalerbus.at

## Ötztal Card

Available for 3, 7 or 10 days, including more than 40 services and attractions across the valley: free use of public bus lines, mountain lifts, free admission to museums, lakes, outdoor pools, and many more highlights.

More detailed information available at Ötztal Tourismus or in the Ötztal Card Brochure.



## Wellness & Spa

**FREIZEIT ARENA LEISURE CENTER (SÖLDEN)**  
Swimming, sauna, tanning beds, tennis, bowling, gym, fitness center.  
Opening times: from 19 June 2010, daily 11.00 am to 9.00 pm  
Restaurant and bowling 11.00 am to 11.00 pm; sauna from 2.00 pm

T +43 (0) 5254 2514,  
freizeitarena@soelden.at  
www.freizeit-soelden.com

**AQUA DOME (LÄNGENFELD)**  
A thermal spa center at the heart of the Alps. Thermae, sauna, 4health, fitness, beauty & body treatments.  
Opening times: daily 9.00 am to 11.00 pm all year round

T +43 (0) 5253 6400 600,  
office@aqua-dome.at  
www.aqua-dome.at



## Worth Seeing

**SÖLDEN PARISH CHURCH**  
In 1288 the local parish church was first mentioned in historical documents. The building was renovated in 1521 by the master builder Jakob from Tarrenz, belonging to the Imst builders' hut. The Gothic style and appearance have been largely preserved. In 1752 the church was enlarged and renewed by adding also an altar area. Between 1975 and 1979 the building was again renovated by Ing. Ekkhart Hörmann.

**BIG 3 GAISLACHKOGL (3,058 m)**  
IMPORTANT INFORMATION: In summer 2010 Gaislachkogel mountain gondola is closed due to reconstruction works.

**SCHWARZE SCHNEID (3,370 m)**  
360°-degree panorama including Zugspitze summit, the southern Dolomites, Zuckerhüt peak and Ortler mountain ... A natural platform above 3,300 m.

**TIEFENBACHKOGL (3.309 m)**  
Floating high above the valley on a 25 meter long footpath with Wildspitze - Tirol's highest mountain - as lovely backdrop.

**ÖTZTAL GLACIER ROAD**  
One of the highest panoramic roads in the Eastern Alps, leading from Sölden to Rettenbach (2,675 m) and Tiefenbach (2,800 m) glaciers. Length: 15 km

**SILBERTAL MINERAL EXHIBITION**  
Western Austria's biggest permanent exhibition of minerals a



## Important Phone Numbers

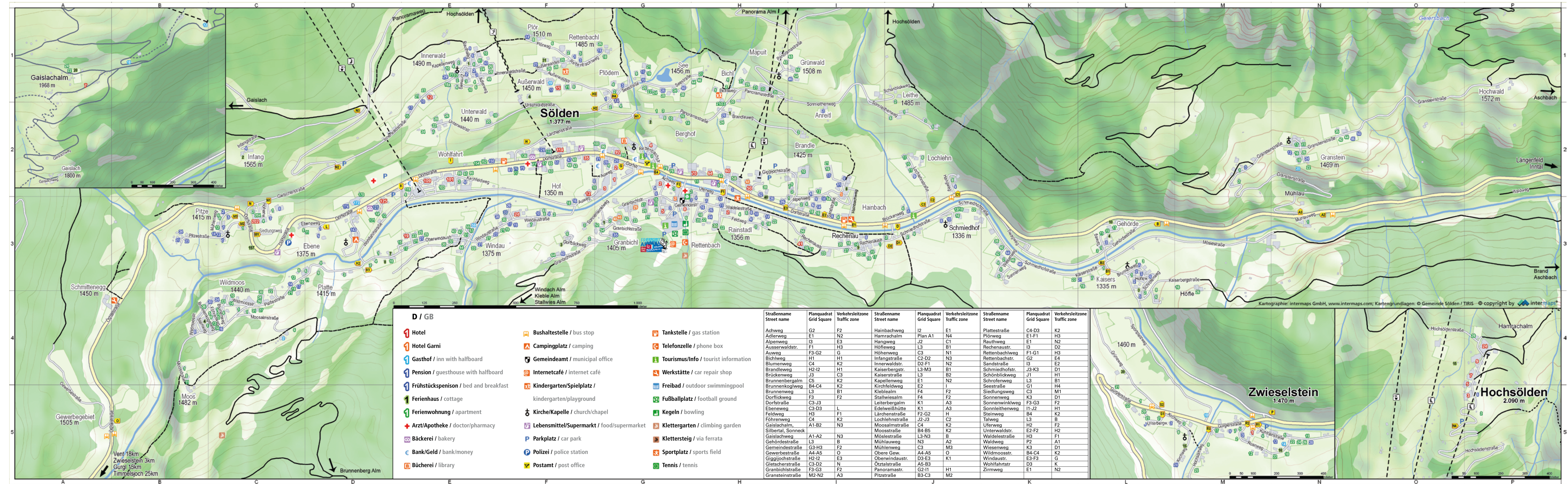
**General practitioners**  
Dr. Leys T +43 (0) 5254 2040  
Dr. Wutscher T +43 (0) 5254 2207  
Dr. Drapela T +43 (0) 5254 30399  
Dr. Praxmarer (dentist) T +43 (0) 5254 2172

**Pharmacy** Ötztal Apotheke T +43 (0) 5254 2670

**Emergency numbers**  
Mountain rescue 140, Police 133, Ambulance 144, Fire brigade 122

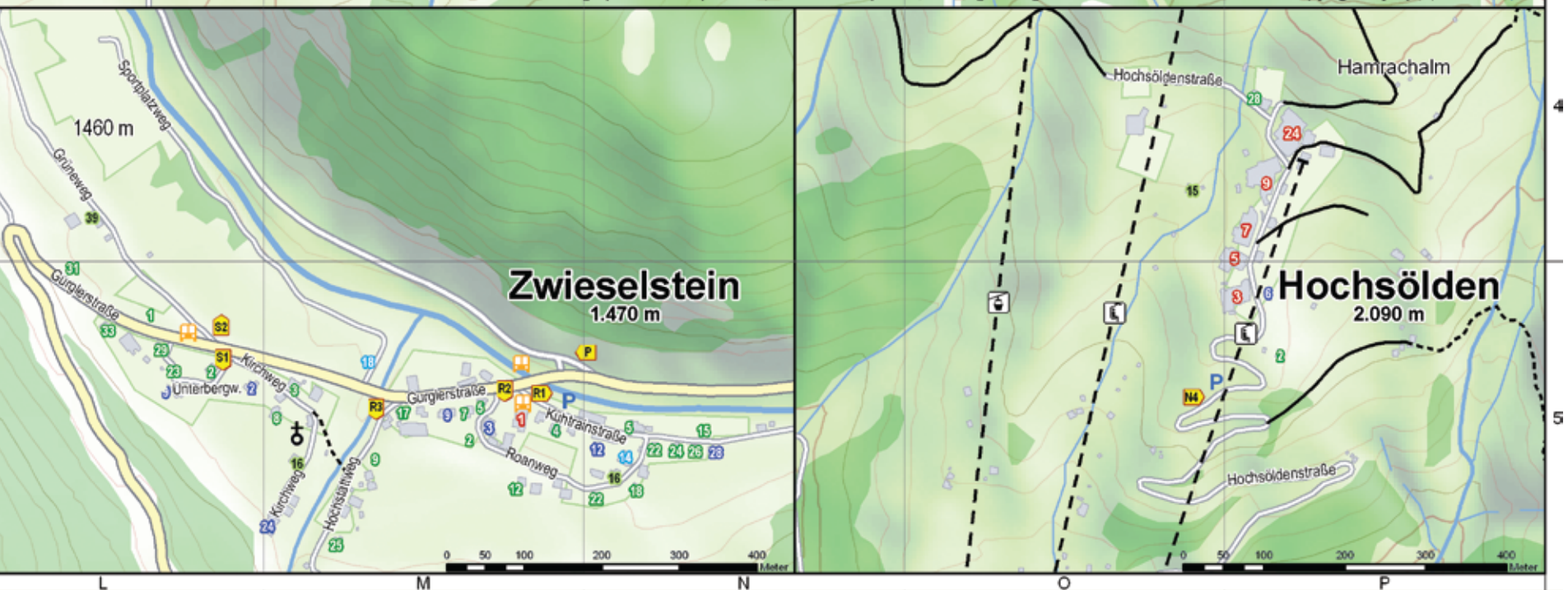
**Lost & found** Administration in Sölden T +43 (0) 5254 2225

**Internet points**  
Ötztal Tourismus T +43 (0) 57200 200  
Internet & Bar T +43 (0) 676 7031561  
Library T +43 (0) 5254 239713



- D / GB**
- Hotel
  - Hotel Garni
  - Gasthof / inn with halfboard
  - Pension / guesthouse with halfboard
  - Frühstückspenion / bed and breakfast
  - Ferienhaus / cottage
  - Ferienwohnung / apartment
  - Arzt/Apotheke / doctor/pharmacy
  - Bäckerei / bakery
  - Bank/Geld / bank/money
  - Bücherei / library
  - Bushaltestelle / bus stop
  - Campingplatz / camping
  - Gemeindeamt / municipal office
  - Internetcafé / internet café
  - Kindergarten/Spielplatz / kindergarten/playground
  - Kirche/Kapelle / church/chapel
  - Lebensmittel/Supermarkt / food/supermarket
  - Parkplatz / car park
  - Polizei / police station
  - Postamt / post office
  - Tankstelle / gas station
  - Telefonzelle / phone box
  - Tourismus/Info / tourist information
  - Werkstätte / car repair shop
  - Freibad / outdoor swimmingpool
  - Fußballplatz / football ground
  - Kegeln / bowling
  - Klettergarten / climbing garden
  - Klettersteig / via ferrata
  - Sportplatz / sports field
  - Tennis / tennis

Straßenname Street name	Planquadrat Grid Square	Verkehrsleitzone Traffic zone	Straßenname Street name	Planquadrat Grid Square	Verkehrsleitzone Traffic zone	Straßenname Street name	Planquadrat Grid Square	Verkehrsleitzone Traffic zone
Achweg	G2	F2	Hainbachweg	I2	E1	Plattestraße	C4-D3	K2
Adlerweg	E1	N2	Hamrachalm	Plan A1	N4	Plörweg	E1-F1	H3
Alpenweg	I3	E3	Hangweg	J2	C1	Rauthweg	E1	N2
Ausserwaldstr.	F1	H3	Höfleweg	L3	B1	Rechenaustr.	I3	D2
Außweg	F3-G2	G	Höhenweg	C3	N1	Rettenbachweg	F1-G1	H3
Bichweg	H1	H1	Infangstraße	C2-D2	N3	Rettenbachstr.	G2	E4
Blumenweg	C4	K2	Innerwaldstr.	D2-F1	N2	Sandstraße	I3	E2
Brandleweg	H2-I2	H1	Kaiserbergstr.	L3-M3	B1	Schmiedhofstr.	J3-K3	D1
Brückenweg	J3	C3	Kaiserstraße	L3	B2	Schönblickweg	J1	H1
Brunnenbergalm	C5	K2	Kapellenweg	E1	N2	Schrofenweg	L3	B1
Brunnenkogelweg	B4-C4	K2	Kirchfeldweg	E2	I	Seestraße	G1	H4
Brunnenweg	L3	B1	Kleblealm	F4	F2	Siedlungsweg	C3	M1
Dorflückweg	F3	F2	Stallwiesalm	F4	F2	Sonnenweg	K3	D1
Dorfstraße	C3-J3	K2	Leiterbergalm	K1	A3	Sonnenwinkelweg	F3-G3	F2
Ebenweg	C3-D3	L	Edelweißshütte	K1	A3	Sonnenleithenweg	I1-J2	H1
Feldweg	H3	F1	Lärchenstraße	F2-G2	H	Steinweg	B4	K2
Föhrenweg	C4	K2	Lochlehnstraße	J2-J3	C2	Talweg	L3	B
Gaislachalm	A1-B2	N3	Moosalmstraße	C4	K2	Uferweg	H2	F2
Gaislachalm	A1-B2	N3	Moosalmstraße	B4-B5	K2	Unterwaldstr.	E2-F2	H2
Gaislachweg	A1-A2	N3	Möslstraße	L3-N3	B	Waldelestraße	H3	F1
Gehördestraße	L3	B	Mühlauweg	N3	A2	Waldweg	P2	A1
Gemeindestraße	G3-H3	F2	Mühlenweg	C3	M3	Wiesenberg	K3	D1
Gewerbestraße	A4-A5	O	Oberer Gew.	A4-A5	O	Wildmoosstr.	B4-C4	K2
Giggijochstraße	H2-I2	E3	Oberwindaustr.	D3-E3	K1	Windaustr.	E3-F3	G
Gletscherstraße	C3-D2	N	Öztalstraße	A5-B3	K1	Wohlfahrtstr	D3	K
Granbichlstraße	F3-G3	F2	Panoramastr.	G2-I1	H1	Zirmweg	E1	N2
Gransteinstraße	M2-N2	A3	Pitzstraße	B3-C3	M2			



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